

VDH VIRGINIA DEPARTMENT OF HEALTH



2018

EMERGENCY KIT
COOK OFF
RECIPE

"Flash Light"

By: Mayerly Rodriguez



**Voted First Place*

EMERGENCY KIT
COOK OFF
RECIPE

“Flash Light”

By: Mayerly Rodriguez

Ingredients:

- ❖ *1 Can of beans*
- ❖ *1 Can of corn*
- ❖ *1 Can of chicken*
- ❖ *1 Can carrots*
- ❖ *Dried cilantro (to taste)*
- ❖ *Toast bread*
- ❖ *Salt(to taste)*
- ❖ *Pepper(to taste)*

Prep Time: 4 mins

Total Time: 5 mins

Directions:

*Open cans, mix, place on toast
and enjoy!*

EMERGENCY KIT
COOK-OFF
RECIPE

“Bourbon Balls”

By: Elizabeth Steen



**Voted Second Place*



"Bourbon Balls"

By: Elizabeth Steen

Ingredients:

- ❖ 1 (12oz package of vanilla wafers, finely crushed)
- ❖ 1 cup chopped walnuts
- ❖ $\frac{3}{4}$ cup powdered sugar
- ❖ 2 tablespoons cocoa
- ❖ 2 $\frac{1}{2}$ tablespoons light corn syrup
- ❖ $\frac{1}{2}$ cup bourbon
- ❖ Powdered sugar

Directions:

Step #1 Combine vanilla wafers, walnuts, powdered sugar and cocoa in a large bowl; stir well.

*Step #2 Combine corn syrup and bourbon, stirring well. Pour bourbon mixture over wafer mixture; stir until blended. Shape into 1 inch balls; roll in additional powdered sugar. * Can store in an airtight container up to 2 week.*

Prep Time: 30mins

Total Time: 30mins

EMERGENCY KIT
COOK & OFF
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“Spam Fried Rice”

By: Thomas Sakach



EMERGENCY KIT COOK-OFF RECIPE

“Spam Fried Rice”

By: Thomas Sakach

Ingredients:

- ❖ 1 cup dry rice, cooked (1 cup dry rice cooked in 2 cups of water)
- ❖ ½ can spam, cut into ¼ dices
- ❖ 1- 15oz can peas & carrots, well-drained
- ❖ 6 tbsp. Dehydrated egg, reconstituted
- ❖ 2 tbsp. vegetable oil, divided
- ❖ 1 tbsp soy sauce
- ❖ ¼ tsp ground pepper

Prep Time: 20 mins

Total Time: 10 mins

Directions:

Reconstitute eggs according to manufacturer's instruction.

Bring 1 tbsp oil to temp in frying pan over high heat, add egg mixture. Cook while stirring till done, about 2 min. Reserve eggs. Add other 1 tbsp oil to pan, bring to temp. Add spam dices, cook until golden brown around edges, about 2-3 mins.

Add rice and pepper while stirring occasionally, about 2-3 more mins. Rice should pick up slight change in color.

Add drained peas and carrots, incorporate into rice and spam, about 1 min. Add reserved eggs and soy sauce, stir about 1 more minute and serve.

EMERGENCY KIT
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“Stovetop Cobbler”

By: John Ringer



EMERGENCY KIT COOK-OFF RECIPE

“Stovetop cobbler”

By: John Ringer

Ingredients:

- ❖ 1 can of sliced peaches (or other fruit)
- ❖ 1 9oz box of cake mix
- ❖ 3 tablespoons olive oil
- ❖ 1 teaspoon cinnamon
- ❖ 1 tablespoon sugar

Prep Time: 5 mins

Total Time: 35 mins

Directions:

Discard some of the juice from the canned fruit and then pour the rest into a saucepan. Add the cinnamon and sugar. Pour the cake mix on top in an even layer. Pour the olive oil across the top. Cover the pan with a lid and bring to a simmer. Once it starts steaming reduce heat to medium-low and cook for 10 more minutes. Do not lift the lid. Remove from heat and let sit for 15 minutes before serving.

EMERGENCY KIT
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“Chicken Posole”

By: Lynn Abraham



“Chicken Posole”

By: Lynn Abraham

Ingredients:

- ❖ 1 canned chicken
- ❖ 1 can hominy
- ❖ Dried spices
- ❖ 1 can of jalapenos
- ❖ 1 can of tomatoes
- ❖ 1 bag of tortitoe chips
- ❖ 1 Jarred salsa and cheese
- ❖ 32 oz chicken broth

Prep Time: 10 mins

Total Time: 25 mins

Directions:

Add chicken broth to pot, add in drained chicken and hominy, tomatoes, jalapenos to taste. Bring to boil, simmer for 15 minutes, add spices simmer for 2 minutes. Serve hot with tortilla chips and queso with salsa. Garnish with jalapenos to taste.

EMERGENCY KIT COOK-OFF RECIPE

Exhibitors



Virginia SART



American Red Cross
Richmond Chapter



Medical Reserve Corp
Richmond Health District

EMERGENCY KIT COOK-OFF RECIPE



Executive Chef Gross &
Capital Police



Office of WIC



Virginia Department of
Emergency Management

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Capital Square Healthcare



Office of Radiation Health

EMERGENCY KIT COOK-OFF RECIPE



**Office of Emergency
Preparedness “DJ”**



**Office of Environmental
Health**



Judge
Dr. Laurie Forlano
Deputy
Commissioner of
Public Health

Judge
Bob Mauskopf, MPA
Director, Emergency
Preparedness

Judge
Edward Gross
Executive Chef Office
of the Governor and
Cabinet





Special Thanks To:



**American
Red Cross**

Together, we can save a life

together, we can save a life

A circular logo for Capital Ale House. It features a black silhouette of a classical building with columns in the center. The words "CAPITAL ALE HOUSE" are written in a black, serif font around the top inner edge of the circle.

CAPITAL ALE HOUSE



MC-
Chris Gordon
Chief of Staff

And all the participants!

Coordinator
Adreania
Tolliver

